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Party down on the farm

Common Roots Urban Farm celebrates a successful first season while looking forward to the future PAGE 4

MOOSE BLOW IT BIG TIME

WIN STREAK SNAPPED AFTER
COUGHING UP 5-1 LEAD PAGE 19



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Monday, November 5, 2012



News
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Christmas creep hitting HRM

Merry merchandising.

Retailers started seasonal sales before Halloween this year, and consumers lined up

Christmas is more than seven weeks away, but the Christmas shopping season is already in full swing.

Most North American retailers launched their official Christmas campaigns in the last week of October, but holiday décor was available at most stores — including several in HRM — earlier in the month.

The persistent “season creep” is getting divided reaction from shoppers who welcome the longer season, and others who say two months is too much Christmas.

Shoppers at the Christmas at the Forum Festival of Crafts on Sunday welcomed the chance to get started on their Christmas shopping.

“There’s really nothing on after Halloween, so the earlier the better,” said John Brenton of Mount Denson. “Everything’s about finding the right sale and the right gifts, so there’s nothing wrong with starting early to find that special gift.”

Jim Cormier, Atlantic director of the Retail Coun-

It's about logistics

The Downtown Halifax Business Commission got a few complaints about wreaths going up before Halloween, but executive director Paul MacKinnon says it's strictly logistics. The decorations have to be up before the Holiday Parade of Lights, and starting after Halloween would have been cutting it too close.

cil of Canada, says the sales wouldn't start so early if no one was buying.

“This is not something they’re doing on a whim,” said Cormier. “(Retailers) track what people want and when they want it, and they’re not going to offer it if they don’t think they can sell it.”

Not all things Christmas-y are welcome ahead of time — Shoppers Drug Mart was deluged with negative feedback last week when it started playing Christmas music on Nov. 1, and quickly yanked the music.

Alyson Guysel, shopping at the Forum, says retailers should tone down the Christmas hype until after Nov. 11.

“I feel like people don’t focus on Remembrance Day, they focus on Christmas stuff when it starts beforehand,” she said. RUTH DAVENPORT/METRO



People browse Christmas decorations at the annual Christmas at the Forum on Sunday afternoon. Thousands attend the weekend event each year. JEFF HARPER/METRO

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Gold Buying Prices by Karat

Karat | Price/gram

1 ounce (9999) Maple Leaf Coins (sealed)	1,588.07/coin
9999 Canada Maple leaf, less than 1 ounce	\$51.06/g
24k Jewellery	\$37.63/g
22k	\$34.47/g
E. Indian/Nuggets	\$30.55/g
18k	\$28.22/g
14k and dental	\$21.94/g
10k	\$15.65/g
9k	\$14.11/g
8k/antique gold	\$9.41/g

Gold Bar Buying Prices

Gold Bars | Buy Price

Gold 1 ounce (Recognized)	\$1,537.92
Gold 10 ounce (Recognized)	\$15,295.59
Gold 1kg (Recognized)	\$49,175.33
Gold bars, less than 1 ounce (Recognized)	\$49.18/g
999 Gold bar (Unrecognized)	\$47.84/g

Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

Maple Leaf (1 ounce Silver, Sealed)	\$29.67/coin
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Silver Jewellery and Other Silver | Price

Stamped Sterling Silver Flatware	\$0.63/g
Stamped Sterling Silver Jewellery	\$0.59/g
Mexican Silver stamped 925	\$0.50/g
Stamped 800 Silver	\$0.48/g
Unstamped scrap silver	\$0.32/g
Other silver coins	\$0.67/g

*Actual buying prices are based on weight of silver content, which is lower for worn coins.

Prices Updated: 2012-11-02, 18:54:40 PM

Example Purchase 1:

Purity: 14k • Weight: 193.50g

PRICE: \$4,245.39



Example Purchase 2:

Purity: 24k • Weight: 6.42g

PRICE: \$241.58



Example Purchase 3:

Purity: 14k • Weight: 183.30g

PRICE: \$4,021.60

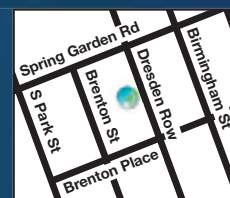


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District 3. Election dispute now headed to court

The saga of the disputed election result in one of HRM's new electoral districts is continuing — and the latest development means a councillor for District 3 will not be sworn in on Tuesday evening.

A former NDP MLA has filed an application for a judicial recount in the district, which had previously been awarded to incumbent Bill Karsten.

Karsten said Sunday he can wait for the process to unfold, but he's concerned about the residents of District 3.

"It would appear that I won't have the status of an elected councillor, so do I answer calls? Do I have the authority to act on their concerns?" he said Sunday.

Election night results showed fellow incumbent Jackie Barkhouse won the district by six votes, but a review on Oct. 23 revealed a discrepancy in the vote tally that handed victory to Karsten by 98 votes.

Now former MLA Don Chard is seeking a recount, though it may not be allowed, because the application was filed after the 10-day window.

A judge will hear the case on Nov. 19 and decide whether to allow the recount.

RUTH DAVENPORT/METRO



Jackie Barkhouse METRO FILE



Mayor-elect Mike Savage shakes hands with supporters at the Dartmouth Sportsplex after his election victory on Oct. 20. JEFF HARPER/METRO FILE

Mayor tasked with restoring decorum

City hall. New leader and council to be sworn in Tuesday at Spatz Theatre



RUTH DAVENPORT
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Whether they're being sworn in for the first time or the seventh, HRM's councillors-in-waiting say they have big plans for the next four years.

Both veteran Stephen Adams and rookie Wayne Mason are looking to new mayor Mike Savage to foster an environment of productivity that will restore regional

Quoted

"If Mike (Savage) can establish decorum right from the beginning, that will make his job easier and everyone's job easier because, let's be honest, sometimes we are our own worst enemy."

Coun. Stephen Adams

council's somewhat battered public image.

"The most significant job he has is to establish decorum in council," said Coun. Adams, who will be sworn in as the representative of the new District 11 on Tuesday evening. "That is the most high-profile part of our job ... many of us are judged on our performance at council."

Newcomer Mason says he's optimistic about the prospects of a Savage-led council after a post-election meeting with the former MP.

"Obviously the mayor sets the tone ... and I think Mike's already said a lot of the right things publicly," he said. "I'm excited to work with him, I think he's got a lot of really good ideas."

Adams says all the councillors will face challenges as they get to know their new districts. He says both old and new can't be shy asking for help and direction in getting up to speed.

"Our support staff is incredible. They are a wealth of knowledge," he said. "There should be no hesitation for the new councillors to ask other councillors ... and test the advice they get. I guarantee the advice will be good."

Mason says after a long campaign and wrap-up, he's just ready to get to work.

"It'll be really exciting to be doing stuff instead of talking about what I'd like to do," he said.

11 NEWS

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Bailey MacMillan, left, helps eight-year-old Maggie Hadskis toss a pumpkin from a bail of hay as part of the Harvest Hootenay at the Common Roots Urban Farm in Halifax on Sunday. JEFF HARPER/METRO

Community garden blossoms into sustainable project

Harvest time.

Common Roots Urban Farm celebrates first growing season, looks forward to next year



ANDREW RANKIN

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What do you do after you open a community garden and in its first season of operation 40 plots go up and hundreds of volunteers lend a hand?

Naturally, you have a community party, said Jayme Melrose, project co-ordinator for the Common Roots Urban Farm.

"Isn't that what humans do?" she said. "It's a great way for all of us to celebrate a great season."

Dozens braved Sunday's chilly temperatures to enjoy an old-fashioned harvest hootenanny and pumpkin smash at the three-and-half acre location enveloped by Bell Road and Robie Street.

The event marks the end

of the growing season. Since opening in June, residents and community groups have tended to their gardens producing everything from cabbage to parsnips to tomatoes. Companies have also chipped in, donating tools and supplies.

Next year the site promises to be bigger and better with the addition of more venues, including a you-pick flower garden.

Melrose says she's thrilled by the community's support. She also says the farm became a place where people from all walks of life came and worked together.

She says she took a lot of satisfaction working with a group of at risk youths, who, by season's end, developed into expert gardeners.

She recalled how one boy had a street conversation with an elderly man in a suit and convinced him to check out his garden.

"It was one of those moments, that this guy had enough ownership over the garden that he's giving the food away," she said. "How did that conversation

By the numbers

500

The suggested donation in dollars to join Common Roots Urban Farm plot program. That works out to about \$25 per week.

start? All the stereotypes disappeared and this gentleman left with a bag full of food."

Farm volunteer John Hartling is also a councillor for some of those youths. He says the farm helped many of them immeasurably.

"For some of them they've never had an opportunity to work like this," he said. "They've never eaten fresh vegetables. To see the look on their faces was very memorable."

Jean de Saint-Sardos showed up to Sunday's event after a member of the group spoke at his church last week. He was surprised with what he saw.

"I had no idea something like this existed here," he said. "It's wonderful and a very encouraging thing to see."

Quoted

"I thought this morning, 'Is anyone going to come?' But there's so many people involved I don't have to do much work." Jayme Melrose

Passenger nowhere to be found after taxi shot at

Police are trying to identify the passenger inside a Halifax taxi that was fired at in a drive-by shooting over the weekend.

Halifax Regional Police say at 2:15 a.m., the 48-year-old male driver of the cab was taking a fare north on Robie Street near McCully Street in Halifax when his car was shot at from another vehicle.

Police say several rounds were fired, with some striking the taxi.

The taxi driver wasn't injured, and when officers arrived, the passenger had fled the scene.

"We have a cab driver out

doing his business and he picks up a fare, the car gets shot up and the fare takes off before we've had an opportunity to speak with him. So it's difficult to determine what the motive might be," said Staff Sgt. Lindsay Hernden.

"We don't think the cab driver was the subject of the shooting, but we haven't had the opportunity to speak with the passenger about the attack to determine what, if any, motive exists."

Police aren't releasing where the cabbie picked up the passenger. Police do say they believe the passenger escaped

Vehicle description

Police describe the car that shot at the taxi as being small and silver in colour.

unharmful as there have been no reports of any shooting victims arriving at area hospitals.

"Right now, our assumption is, this party wasn't injured and he fled from the vehicle in a hurry," Hernden said. "We're looking forward to him coming forward and speaking to us."

PHILIP CROUCHER/METRO

Lower Sackville

Car hits man walking to church

An elderly man was taken to hospital with head injuries after being struck by a car as he crossed a street in Lower Sackville to attend a nearby church.

Halifax RCMP say at about 9:30 a.m. on Sunday, a car was coming over a crest on the Old Sackville Road near First Street when the driver was blinded by the sun and hit the victim.

The driver wasn't ticketed because the pedestrian wasn't at a crosswalk. **METRO**

Warrant list

And then there were nine



Tremaine Daniel Colley
HALIFAX POLICE
HANDOUT

Halifax Regional Police say one of the 10 people wanted in the latest High Risk Enforcement Action Team (HEAT) Outstanding Warrant List has been arrested.

Tremaine Daniel Colley was arrested on Thursday night in Dartmouth and appeared in court on Friday. He was wanted on charges of breach of probation. **METRO**

Barrington Street

Shelter targeted

Police say a Halifax shelter for homeless men was temporarily evacuated Sunday after someone called in a bomb threat. No explosives were found. **THE CANADIAN PRESS**

Shelburne County

Man dies in crash

RCMP in Barrington say at about 5:30 p.m. Saturday, a single-vehicle crash occurred on Oak Park Road. The 20-year-old male driver died at the scene. A 17-year-old passenger was taken to hospital with non-life threatening injuries. **METRO**

'Dignity and respect' for Halifax's homeless

Halifax Connects.
Hundreds show up for everything from a meal to a haircut



ANDREW RANKIN
andrew.rankin@metronews.ca

Tracey Crawley knew her job on Sunday was about more than simply giving free haircuts to people who couldn't afford one otherwise.

The Dartmouth stylist was one of about 200 volunteers at Halifax Connects who decided to help those who needed it most.

"It's about giving back," said Crawley. "I'm a firm be-

liever that one person cannot do everything, but one person can do something. And that little contribution makes a big impact."

For a few hours, about 620 underprivileged people, most of whom are homeless in HRM, got to live with the basic essentials at Citadel High School that most of us take for granted.

They were treated to full-course meals, had dental work done and some enjoyed the treat of having their picture taken by a professional photographer. In total, 32 organizations from across the city volunteered their services.

Event co-chair Meghan Laing said the five-hour event was about providing the basics to people in need, in a

Quoted

"It's touching to see them smile over something that seems so simple."

Meghan Laing, co-chair of Halifax Connects

respectful way.

"This day is about dignity and respect," she said. "People don't have to line up and they can take as much as they want."

Lori-Anne Willis came for haircut. She got one compliments of Crawley.

The North Preston resident walked away feeling a little bit better about her situation.

"I like that Tracey said whatever you're going through, just keep your head up," she said.



Tracey Crawley, left, gives Lori-Anne Willis's hair a trim during the Halifax Connects event at Citadel High on Sunday afternoon. JEFF HARPER/METRO

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Aftermath. Sandy victims pray for relief, electricity

Storm victims went to church Sunday to pray for relief and give thanks for their deliverance as cold weather settling in across the New York metropolitan area compounded the misery for people already struggling with severe gasoline shortages and power outages.

Hundreds of parishioners in parkas, scarves and boots packed the pews and stood in the aisles for Mass at a chilly Church of St. Rose in flood-ravaged Belmar, N.J. Firefighters and police officers sat in the front rows and drew applause.

With about 700,000 homes and businesses in New York City, its northern suburbs and Long Island still without electricity six days after the storm, New York Gov. Andrew Cuomo

Having faith

"There's more happiness in life than there is the opposite. And it will be back."

Roman Catholic Bishop David O'Connell

mo warned that many homes are becoming uninhabitable and that tens of thousands of people are going to need other places to stay.

More than 900,000 homes and businesses in New Jersey were still without electricity.

Damage has been estimated at \$50 billion US, making Sandy the second-most expensive storm in U.S. history, behind Hurricane Katrina in 2005. **THE ASSOCIATED PRESS**



Felice Vazquez, 40, of Hoboken, N.J., greets a neighbour Sunday as she works at a table providing hot drinks and snacks, while the buildings around them remain without power due to damage caused by Superstorm Sandy.

JOHN MINCHILLO/THE ASSOCIATED PRESS

Pittsburgh zoo

Young boy mauled by wild dogs at zoo

A young boy visiting the Pittsburgh zoo with his mother and friends was killed Sunday when he fell about 14 feet off a deck into an exhibit that's home to a pack of African painted dogs, who pounced on the boy and mauled him, zoo officials said. It's not clear whether he died from the fall or the attack, said Tracy Gray

of the Pittsburgh Zoo & PPG Aquarium.

When the boy fell, other visitors immediately told staff members, who responded along with Pittsburgh police. Zookeepers called off the dogs and seven of them immediately went to a back building. Three more eventually were drawn away from the boy, but the last dog wouldn't come into the building, and police had to shoot him, officials said.

THE ASSOCIATED PRESS

NDP. Mulcair weighs in on U.S. election during weekend convention

Canada's Official Opposition is weighing in on the U.S. presidential election.

NDP Leader Tom Mulcair says he wants to work with someone who shares his party's values, particularly in terms of sustainable development — and on that issue President Barack Obama is more promising.

Mulcair says that regardless of who wins he will work with the president to promote the interests of Canadians.

The NDP leader made

the comments to reporters Sunday in Montreal, where Quebec party delegates were gathered for a weekend convention.

Others at the meeting, including the party president, say they are hoping for an Obama victory.

In a speech at the Montreal meeting, Mulcair urged NDP members to raise money and strengthen the party's ground game so that it can take down the Harper government in 2015. **THE CANADIAN PRESS**

Obama and Romney blitz swing states

Final push. Obama leading by a slight margin in key states as more than 27 million Americans vote in advance of Tuesday's election

U.S. President Barack Obama and Republican rival Mitt Romney engaged in a frenzied cross-country blitz of the remaining toss-up states Sunday, with both sides predicting victory in a race that remains too close to call just two days before Election Day.

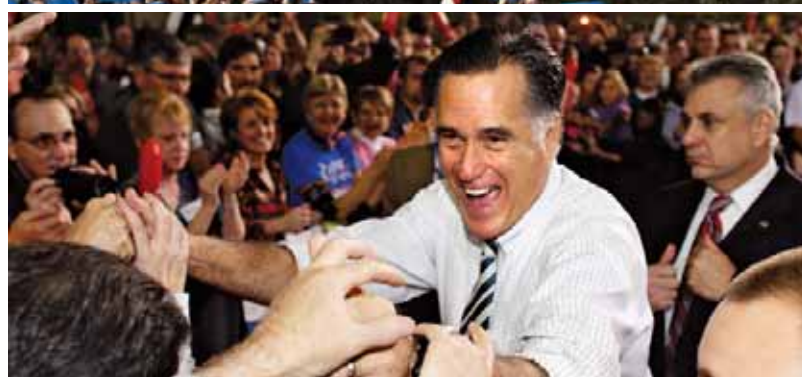
National opinion polls showed a race for the popular vote in Tuesday's election to be so close that only a statistically insignificant point or two separated the two rivals.

But the majority of polls in the battleground states — especially in the Midwestern states of Iowa, Wisconsin and Ohio — showed Obama with a slight advantage, giving him an easier path to the 270 electoral votes needed for victory. No Republican has won the White House without carrying Ohio.

Making his closing case to voters Sunday in Des Moines, Iowa, Romney pledged, if elected, to work with Democrats to restore the American dream and bring the economy roaring back to life.

"We're Americans. We can do anything," Romney said. "The only thing that stands between us and some of the best years we can imagine is a lack of leadership — and that's why we have elections."

Obama, too, said he is willing to work across party lines to break Washington's gridlock, but assured some 14,000 supporters who gathered in Concord, N.H., that he would not compromise key Demo-



U.S. President Barack Obama, above, stops for a campaign rally in Concord, N.H., Sunday, while his Republican opponent, Mitt Romney, greets supporters in Des Moines, Iowa, before Tuesday's election.

ABOVE: CHIP SOMODEVILLA/GETTY IMAGES, BELOW: CHARLES DHARAPAK/THE ASSOCIATED PRESS

Battleground states

Under the U.S. system, the winner is not determined by the nationwide popular vote, but by state-by-state contests, making "battleground" states extremely important in such a tight race.

- **Deja vu?** That raises the possibility of a replay of the 2000 election when Republican George W. Bush won the presidency

with an electoral vote majority, while Democrat Al Gore had a narrow lead in the nationwide popular vote.

- **Registered voters.** Obama's campaign said it had registered 1.8 million voters in key battleground states, nearly double the number of voters they registered in 2008.

cratic priorities such as health care and college financial aid.

"I know I look a little bit older, but I've got a lot of fight left in me," Obama said. "We have come too far to turn back now. We have come too far to let our hearts grow faint. It's time to keep pushing forward."

The final national NBC/Wall Street Journal Poll, conducted from Thursday to Saturday, showed Obama getting the support of 48 per cent of likely voters, while Romney received 47 per cent.

THE ASSOCIATED PRESS

From Trump to Sandy, never a dull moment in 2012 campaign

The 2012 presidential campaign was indisputably the most expensive in American history. Some also maintain it was the nastiest. It was also one of the weirdest.

The nail-biting drama that was the race for the White House featured some unexpected supporting characters. These were some of them:

Superstorm Sandy as cupid: Chris Christie, the Republican governor of New Jersey, was among Obama's harshest critics for months, serving as one of Romney's top attack

dogs. That was all before Sandy decimated his beloved Jersey shore.

Christie has had nothing but effusive praise for Obama since the ferocious megastorm lurched through the mid-Atlantic region, saying the president's handling of the federal response has been "outstanding."

Clint Eastwood as angry old uncle at Thanksgiving dinner: The iconic Hollywood actor took to the stage at the Republican convention in August. Backstage, Romney report-

edly laughed throughout Eastwood's rambling, disjointed rant to an empty chair that was supposed to be Obama, even as the actor threw the prime-time convention off-schedule and became the subject of gleeful social-media ridicule.

Joe Biden as avenger: Seemingly mindful of the drubbing his boss was taking in the aftermath of the first debate, Biden showed up for his own showdown against Paul Ryan, Romney's running mate, with guns blazing. He sneered, he snickered, he sighed.

Donald Trump as constant source of embarrassment: Biden's over-the-top debate performance had nothing, however, on Trump's bids for media attention throughout the campaign. He proposed a challenge to Obama to release his academic records and passport applications in exchange for Trump donating \$5 million to the charity of the president's choice. For his troubles, Trump was utterly ignored by the White House and publicly chastised for making a fool out of himself. **THE CANADIAN PRESS**

Harper arrives in India to kick off six-day trip

Trade and investment focus. Currently trade sits at a modest \$5.2 billion annually, and both countries hope to triple that by 2015

Hours before Stephen Harper's plane set down in India, he was already signalling his embrace of one of the world's most formidable economies — with a bite of a samosa.

On the way to Agra, where he eventually arrived on Sunday evening, Harper tucked into a platter of the savoury Indian pastry with three of his Indo-Canadian MPs.

"I'm a spicy food eater," Harper conceded to reporters who had been invited to his



Prime Minister Harper and wife Laureen arrive in Agra, India, Sunday. THE CANADIAN PRESS

private cabin on the government plane.

"I like everything, I love Indian food, I don't eat it that

often, but I love Indian food."

Harper's unusually long six-day trip to India will be heavily focused on encouraging trade and investment, but will also touch on the personal ties between the two countries. Several reporters from Indo-Canadian media outlets have come along for Harper's trip. He is set to visit Chandigarh in the Punjab region, from where so many Canadians hail. The first stop on Monday will be the Taj Mahal, the elaborate marble tomb built in the 17th century.

Later, Harper is to participate in a business forum in the capital, New Delhi. Trade between Canada and India sits at a modest \$5.2 billion annually, but the countries would like to see at \$15 billion by 2015. THE CANADIAN PRESS



47 couples tie knot in mass marriage

An Indian Muslim bride looks aside during a mass marriage for 47 couples in Ahmadabad, India, on Sunday. Mass marriages are organized by social organizations primarily to help families who cannot afford the high ceremony costs, as well as the elaborate dowry that is often customary. AJIT SOLANKI/THE ASSOCIATED PRESS

Coronavirus

Another infected in Saudi Arabia

Saudi Arabia has reported another person infected with the new coronavirus that emerged this year. This infected person is in Riyadh. It's the third such case. The news comes as the Hajj ends and millions head home. THE CANADIAN PRESS

Staff Sgt. Robert Bales

U.S. soldier charged in killing 16 villagers, kids

The American soldier accused of carrying out one of the worst atrocities of the Iraq and Afghanistan wars appears in military court Monday. THE ASSOCIATED PRESS

Election in 2014

South African politics heats up

South Africa's deputy president is being urged to challenge President Jacob Zuma for the leadership of the ruling party, the ANC. Kgalema Motlanthe is dubbed Zuma's "silent opponent." THE ASSOCIATED PRESS



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New Coptic pope in Egypt

Acting Coptic Pope Pachomios displays the name of 60-year-old Bishop Tawadros, soon to be Pope Tawadros II, during the papal election ceremony at the Coptic Cathedral in Cairo on Sunday.

NASSER NASSER/THE ASSOCIATED PRESS

Japan

Anti-U.S. military sentiment rises

Thousands of people have rallied against American deployment of Osprey military aircraft on a southern Japanese island amid escalating anti-U.S. military sentiment following recent crimes.

Protesters gathered Sunday at a Tokyo park demanding removal of 12 MV-22 Osprey hybrid aircraft from Okinawa, just two weeks after a curfew was imposed on all 52,000 U.S. troops in Japan after the arrest of two Navy sailors in the alleged rape of a local woman. **THE ASSOCIATED PRESS**

Oil defence

Iran sets up new naval base

Iran's powerful Revolutionary Guards inaugurated a new naval base on Sunday to reinforce Tehran's authority over three Persian Gulf islands also claimed by the neighbouring United Arab Emirates, Iranian state TV reported.

The base near the Iranian mainland's southern port of Bandar-e Lengeh some 1,100 kilometres south of Tehran is the Guards' fifth in the Gulf. Missile and marine units have been deployed there.

It lies north of the Iranian-controlled islands of Abu Musa, Greater Tunb and Lesser Tunb that dominate the approach to the strategic Strait of Hormuz, a key waterway through which about one-fifth of the world's oil supply passes. **THE ASSOCIATED PRESS**

Ottawa student escapes bomb blasts in Syria

Photos. University student documents harrowing experiences in war-torn country



JOE LOFARO
Metro in Ottawa

In the span of 10 days, Carleton University student Yaman Marwah went from sipping a coffee from a Second Cup in downtown Ottawa to escaping a barrage of deadly bomb blasts in Binnish, Syria.

The 18-year-old law and economics student met with Metro on Oct. 23, the day before his trip to his home country, and said he wanted to document his hu-

manitarian aid efforts with his camera on the front lines and show the footage to the outside world.

"There's a lot of people who don't believe what's happening," said Marwah at the time, alluding to conflicting reports from Syrian media and other news sources. "I have 5,000 (friends) on Facebook. Once I publish things from my own camera, my own lens, those 5,000 people will believe that this is actually happening in Syria."

"So once you hear it from a person you know personally, that's totally different."

Since arriving in Syria on Oct. 26, Marwah has been sharing photos on Facebook.

The most arresting photo

is the one he took after what happened to him on Saturday morning. In a Skype interview with Metro from Antakia, Turkey, Marwah explained how it will be a day he will never forget.

He said he was sitting in an Internet café looking at his photographs on a computer when he heard the roar of a plane nearby.

"When we went to the door toward the noise of the bombs, we were automatically — just by the force of the bomb — we were thrown away at least a metre back," said Marwah.

He said the blast was about 200 metres from where he was and he suffered a minor leg injury. Binnish was hammered by more rocket blasts, he said, which left about 15 dead

and 50 injured.

Reuters reported Saturday's attack in Binnish came from government fighter jets.

The next day he posted a photo he took of a four-storey housing complex that was completely levelled. At least one woman and two young children died from the attack, he said.

"What was going through my mind was I was supposed to be dead right now," said Marwah.

"It was the longest 10 days of my life."

Online

Go to metronews.ca to see Marwah's photos.



Yaman Marwah holds his camera as he speaks with a member of the Free Syrian Army on Oct. 26 as he is being driven to Taftnaz, Syria.

COURTESY OF FARIS AL SHAWAF

School in Bountiful, B.C., closes; students now home-schooled

A school in Bountiful, B.C., with links to jailed polygamist leader Warren Jeffs has abruptly closed its doors, with most of its students now relying on home-schooling in a community that has long been accused of using classrooms to indoctrinate children rather than educate them.

Bountiful Elementary-Secondary School shut down without explanation in September, the province's education ministry confirms, and nearly all

of its former students are being home-schooled. The school, which received provincial funding for some grade levels, had an enrolment of 265 students last year.

Bountiful is a small commune of about 1,000 people in southwestern B.C., not far from the U.S. border. Residents follow a fundamentalist form of Mormonism, which, unlike the mainstream Mormon church, condones polygamy as a tenet of the faith.

Bountiful Elementary-Secondary School was one of two schools in the community, which itself is split into two divided factions.

The school was controlled by the faction that remains connected to the Fundamentalist Church of Jesus Christ of Latter-day Saints, or FLDS, and its jailed leader Warren Jeffs.

The FLDS side of the community is considered more extreme and isolated than the faction led by Winston Blackmore,

who split with the church a decade ago.

Blackmore's school, Mormon Hills School, remains open with an enrolment this year of 178 students, according to the Education Ministry. Unlike Bountiful Elementary-Secondary School, Mormon Hills receives the highest level of government funding available to an independent school and is certified to grant high school diplomas.

THE CANADIAN PRESS

U.S. election. Politics will dominate markets this week

Stock markets will likely be in for quiet trading at the beginning of this week with traders cautious ahead of the U.S. election on Tuesday that is too close to call.

"It's a huge week on the political scene," said Colin Cieszynski, market analyst at CMC Markets Canada, who observed that China will also be in focus. The Communist Party's 18th Party Congress meeting kicks off on Thursday, which will see the leadership transition of the Party and also the country.

The Toronto markets chalked up a rise of 0.65 per

cent last week in the wake of positive Canadian earnings reports. New York markets were slightly lower despite strong U.S. economic data, including consumer confidence at the best level in almost five years, and data showing expansion in the U.S. and Chinese manufacturing sectors.

The week was capped by a stronger than expected U.S. employment report for October as the American economy cranked out 170,000 jobs last month, higher than the 125,000 that had been expected. **THE CANADIAN PRESS**

Sex abuse scandal

U.K. may launch public inquiry into BBC conduct

Britain's government could order a full public inquiry into the British Broadcasting Corp.'s handling of the Jimmy Savile sex abuse scandal, the country's top media minister said Sunday.

Culture Secretary Maria Miller was quoted as telling The Sunday

Telegraph newspaper that a formal investigation into the broadcaster could be launched, if its own internal inquiries don't establish how the famed TV host's behaviour was allowed to go unchecked for decades.

Savile, one of the BBC's best known entertainers, has been accused of sexually abusing hundreds of vulnerable young people. The host died last year at the age of 84.

THE ASSOCIATED PRESS

Endangered pay phones prove their worth in emergencies

Telecom. While Sandy shows how valuable archaic technology can be, up to 25% of booths in parts of Canada are threatened

The events of superstorm Sandy are raising questions about the importance of pay phones in emergencies, even as two of Canada's largest telecom companies say they will tear out some public telephones unless they are allowed to sharply raise prices.

New Yorkers were forced to turn to their neighbourhood's coin-operated phones last week as flood waters knocked out power and cellphone reception in areas ravaged by Sandy, the massive storm that swept across the Eastern Seaboard.

But a push from Bell Canada and Bell Aliant Inc. could make it harder to find those pay phones in Canada during emergencies.

Earlier this year, both companies made applications to the Canadian Radio-television and



People wait to use a pay phone on Bright Beach Avenue on Oct. 31 in the Brooklyn borough of New York, after Superstorm Sandy knocked out cellphone reception. Despite their value during emergencies, pay phones may be cut even further in Ontario and Quebec if the CRTC doesn't approve price increases. **JOHN MINICILLO/THE ASSOCIATED PRESS**

Telecommunications Commission for rate hikes that could double the price of a pay phone call.

Under the submission, they are asked for the ability to boost the price of a local call to as much as \$1 each,

compared to the current price of 50 cents.

Then in September the two telecom companies added extra pressure to their request by saying that without a rate increase, they would be forced to get rid of their least profit-

able pay phones.

That could mean that up to 25 per cent of their pay phones in Ontario and Quebec would disappear if the CRTC doesn't allow them to raise prices.

THE CANADIAN PRESS

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BAILLIE OFFSIDE WITH STANCE ON JUNIOR HOCKEY UNION DRIVE



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

Forget the Byzantine balls-up attempt to unionize Canada's junior hockey players — league-hired private investigators snooping on union staff, falsely (maybe) intimating one was a

felon; union organizers scheduling, then cancelling votes — and ask ourselves two simple questions.

First, do run-of-the-litter junior hockey players, the ones least likely to lose millions in the next NHL lockout, have legitimate grievances? And, second, what the hell was Tory Leader Jamie Baillie thinking?

Profits over players

When he heard about the union drive, his first response was not to ask whether the teenagers had a grievance but to fret team owners would have to increase ticket prices to maintain their profits.

Working conditions in major junior hockey have undoubtedly improved in the last 20 years. Team owners pay more than lip service to ensuring their school-aged players actually attend. Some, like the Halifax Mooseheads, provide tutors who travel with the team. The Mooseheads organization itself has a deserved reputation for treating its teenaged charges very well.

That said, playing major junior hockey is a far-more-than-part-time job. Living away from family and friends

at 16, year-round training, practices, games, road trips, promotional appearances, charity involvements ... not to forget the possibility of being cut, traded, or suffering a career-ending, life-affecting injury.

All while going to school, growing up and, for most, coming to terms with the end of their NHL dreams.

For that, players are paid anywhere from \$35 to \$120 a week, depending on age. While Mooseheads majority owner Bobby Smith is correct to argue that doesn't begin to cover the team's investment in its players — providing billet families, trainers, even psychologists — the reality is players haven't had a raise in years. And most CHL teams prosper from the fruits of their teenagers' labours.

The most egregious inequity involves the league's education package. While it ostensibly offers players a year of post-secondary education for every year they play, there are so many caveats and loopholes that very few take full advantage.

Which brings us to Baillie. When he heard about the union drive, his first response was not to ask whether the teenagers had a grievance but to fret team owners would have to increase ticket prices to maintain their profits. And then to Chicken-Little suggest — falsely — this national organizing drive was the result of the government's first-contract legislation last year.

Two minutes in the penalty box for playing politics and a game misconduct for caring more about team profits than teenagers.



Tory Leader Jamie Baillie METRO FILE

This ride will go down in history



LEFTERIS PITARAKIS/THE ASSOCIATED PRESS PHOTOS

Step on the gas!

Pre-1905 cars put on some clicks

Participant Paul Noon drives his 1902 Westfield car in central London, England, during the London to Brighton Veteran Car Run on Sunday.

More than 500 pre-1905 vehicles made their way on the historic 100-kilometre run from Hyde Park in London to coastal Brighton in southern England, in the world's longest-running motoring celebration spanning 116 years.

The run is not a race but an endurance event and the drivers are not competitors but participants, hence why there is no "first to Brighton" award.

All participants who complete the course receive a finisher's medal and certificate.

THE ASSOCIATED PRESS

The wheel deal

30 km/h

All vehicles must be driven at an average speed of no more than 30 km/h and, in case of breakdowns, outside assistance is only permitted at designated locations.



A 1904 Aster car is shadowed by a double-decker bus during the run.

Enjoy coffee, support those battling cancer

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

The name Diminishing Coffee Party may send coffee lovers running to their neighbourhood Tim Hortons in fear of a worldwide coffee shortage.

But don't worry — this isn't the case. What is disappearing is stress and worry for many people suffering from cancer. At least that's what the Acorn Dreamers intend.

They're four women who set out to raise \$68,000 for The Lodge That Gives, a facility that provides free accommodation to people undergoing cancer treatments in Halifax.

Raising that much isn't easy, but these women are up

for the challenge. Their fundraising concept is simple: One person asks seven friends to give \$5 each and join them for a coffee break.

Then each of those people invites six friends to a coffee party of their own.

In turn, those friends each invite five people to a party — and so on, until 13,600 people have shared coffee.

Brenda Creelman, an Acorn Dreamer, says the fundraiser is going "fantastic" so far. "People are giving do-

nations and volunteering to host parties once they realize how easy it is with very little effort on their part," she says.

To get started on your own Diminishing Coffee Party chain, visit acordreamers.com.

CRAIG AND MARC KIELBURGER

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.



Sally Field stars in Steven Spielberg's new film *Lincoln* as Mary Todd, the wife of the assassinated president. HANDOUT

2 SCENE

What if Lincoln could send a text message?

Lincoln. Sally Field talks about getting to know co-star Daniel Day-Lewis through modern-day means



NED
EHRBAR
Metro World News in Hollywood

Sally Field didn't have any rehearsal time for *Lincoln*, in which she plays Mary Todd Lincoln opposite fellow Oscar-winner Daniel Day-Lewis' Honest Abe. Luckily, the pair had another way to develop the rapport and sense of intimacy necessary to portray the long-married couple: text messaging. In character.

You and Daniel Day-Lewis would text each other, in character, before and during production?

I actually kept all the texts. I printed them up. I will keep them forever. They were breathtakingly wonderful and important to me because he kept doing it throughout the whole filming. He would

write me after I'd done big scenes. It meant so much to me, and I will never reveal it. I will never reveal what they are. They are mine, they belong to me — a little like what Mary Todd felt about Mr. Lincoln. She burnt many of his letters. "He belongs to me." And that relationship belongs to me and I will never share it. But I will talk about the texts. It was so wonderful and so funny, a lot of it. And so concise. You know, we were texting, but as precisely Mr. Lincoln and precisely Mary Todd as we could manage. In the middle of last summer, he took to sending me limericks, and I would answer him by being critical. You know, "Is this the way you spend your time?" And criticize his lack of intelligence and his use of language (laughs).

It seems daunting to apply that manner of language to typing with your thumbs on a phone.

Yeah. It was really hard to do. It was helped by the fact that I was in the midst of research myself, so I was reading all these letters that were written

of the feeling of the time. The way they used language was incredible. And also [screenwriter] Tony [Kushner]'s words were already being imprinted on my head, so I had some sense of the use of the language, and it was really a challenge much of the time to say what I wanted to say and not lose how it is that it should be said or it would be said at the time.

Have you ever done anything like that with a co-star before?

You know, I have never done a role that's this intense and emotional and connected to one human being and never have any rehearsal. We never had any rehearsal. So many of the scenes that you see between Mary and Mr. Lincoln are literally walk on set and do it. And do very few takes. But we had done so much work, he and I, and I think we both have enough miles in the saddle, and the bubble that was created for us by Steven [Spielberg] and by him to stay immersed in this world, it made it very interesting and very challenging — but in a good way

— to work. The difficulty is owning the language. It's so difficult to say.

It must be nice being one of the few people in this film that doesn't have to worry about outlandish facial hair. No, but I had to worry about other things, like gaining weight.

You've mentioned Lincoln was very critical of Mary Todd, particularly about her weight.

Yes. He would always tease her about that. But he would do it with a sense of humour. It's in one of the letters. She would always threaten him that she was going to go and find another beau, even when they'd been married a long time. She would always dig it into him, and he said, "Have you weighed yourself?" It's in one of the letters. When I did this role, I gained 25 pounds. It was really important to me to get some of that girth. So we didn't pad anything.

You look fantastic now. I haven't eaten since (laughs).

Modern twist

Texts from Lincoln. As Sally Field explained to Metro, she developed and maintained her relationship with Daniel Day-Lewis while portraying Abraham and Mary Todd Lincoln by text messaging each other in character. Of course, Field has vowed to keep the texts to herself, but she did give us a taste of one such message, sent shortly before Day-Lewis began filming: "I know that the task before you is an enormous one, but my task is you. And that is my sole task. And so therefore I will be on your porch tomorrow. Your choice is to let me in or not. And whether you let me in or not, I will not go. In lieu of a carriage, find your shoes." So how did Day-Lewis, as Lincoln, respond? "He wrote me back graciously and said, 'OK, fine,'" Field says.

Ready for a different direction to Drive?

New Album. Alberta outfit's latest offering, *Roll*, is something that 'had to be done' according to lead singer Brad Mates

Emerson Drive says it's taking a different direction and pushing the edge with its new album *Roll*. The five-member band, originally from Grand Prairie, Alta., released its fifth album Oct. 30 and lead singer Brad Mates is curious to see if fans will get on board.

"Knowing that we have a few years under our belt now, the last thing that we wanted was just to go back in the studio and make another album that wasn't, I guess, fine-tuned," Mates said in an interview from Nashville.

"When I say that, it mostly has to do with the musical sound of what you're hearing now compared to stuff before. I think we're kind of pushing the edge musically when it comes to the sound of this album and I think you're hearing more of what we were kind of going after for certain songs over the last 10, 11 years."

"I really feel like this is probably the first album that we've done where I really feel like it's a full, complete Emerson Drive record. It's got different dynamics to it."

For starters, the band has written all but one of the 11 songs on *Roll* themselves. It's the most songs they've penned

for an album.

The first single, *She's My Kind of Crazy*, quickly climbed country music charts. Mates joked that it was inspired by his wife. Mates, along with Emerson Drive guitarist and background vocalist Danick Dupelle, wrote the second single, *Let it Roll*, with Chris Thorsteinson and Dave Wasyliv of Winnipeg-based Doc Walker.

With lines like "Learning songs in the basement" and "A million miles out the window," Mates says *Let it Roll* is a reflection of the band's journey through the music business and, literally, life on the road.

Emerson Drive and Doc

Walker have frequently gone head-to-head at the Canadian Country Music Association Awards. In 2007, for in-

Quoted

"I think we've a lot in common with how our bands started out."

Emerson Drive singer Brad Mates
On the band's friendship with Doc Walker

stance, Doc Walker won album of the year, while Emerson Drive took home trophies for single of the year for *Moments* and group of the year. But

they'll hit the road together for a tour in 2013.

Mates said a collaboration just made sense because they've been friends for 16 years. "Every time we see the Doc guys, it's a good friendship that's been built over the years," said Mates.

"I think we have a lot in common with how our bands started out, the steps that we took to get to where we're at today and I think there's a lot of respect between all of us when it comes to that."



Emerson Drive
THE CANADIAN PRESS/HO - KRISTIN BARLOWE

Mates also said some of the other songs on *Roll* may be a little bit darker than in the past.

But Emerson

Drive didn't want to play it safe and stick to what Mates said people think of as the "parameters" of country music. *Roll* is Emerson Drive, but with a little rock blended in. "That was the goal to either have people go 'Wow, this is really great and it's different' or people go 'I don't know,'" said Mates.

"Either way you look at it, an artist has to go through that in their career where they make an album...trying to get 100 per cent of what represents the group. And a lot of times you either win big or it's just one of those albums that becomes kind of a dark horse in your career, but still has a spot that you look back on that's important.

"I feel like this is a record that had to be made and either way, if it wins or if it is just one of those that kind of stays back in the shadows, I think that again, it had to be done that way." THE CANADIAN PRESS

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Out Fox-ing mum has never been so much fun

Prank My Mom. New hidden-camera show hosted by Kill Bill actress aims to give serious parents a shock with hilarious results

ANNE
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Vivica A. Fox hosts *Prank My Mom*, a hidden-camera series

that sets up unsuspecting moms for big surprises. Children announce they are pregnant, under arrest, have to retrieve a sex tape or posted mom's profile on a fictitious dating site and wait for her reaction. It's a ruse designed to bring her a little excitement. Metro talked to the host about the show and her hectic career.

Vivica, you're hysterical! Your attitude sweetens the emotional roller coaster that is *Prank My Mom*. Absolutely! It's been a good fit

for me, and surprising for a lot of people. They say, "I never knew you were really funny!" What? I've done a lot of comedies — like *Booby Call* and *Curb Your Enthusiasm* — but they forgot! And I've been pranked by Tichina Arnold. I love *Prank My Mom* because moms are so serious, especially concerning their kids. These pranks can be pretty outrageous. The moms go wild. When it's revealed as a prank they are so relieved their kid doesn't have a sex tape and isn't a sex surrogate or going to jail, it's just "Whoo-hoo!" And then we talk it off with a dozen roses! One mom was hitting security officers with her purse and when it was over she said to her daughter, "I do anything for you," even though

she'd broken the law and assaulted police. We haven't had any moms who've become upset with us.

What about hitting home, pranking your mom or being pranked?

As of right now, no, I don't know about my mom. I'll think about that one. We could get her at church. She's very proud and defensive of her church! The show *Punk'd* had been trying to get me for a very long time. I was at a photo shoot and my friend Tichina came to visit and pretended she was pregnant. I should have noticed when she came in full makeup, but I was busy with my shoot. Did she ever get me! Her water broke and the para-

medics from hell showed up. I turned into a mama bear and stopped them from taking an uncompromising picture of her and told them to put up the cameras or I'd inflict bodily harm! When it was over I was sweating for a half hour to calm down. What! People were saying I'm always so red carpet ready but they learned you don't mess with me. That's the other side of Viv!

You're doing this show and have 11 films due out next year. Yikes.

I've been very blessed that my producer Lita Richardson strategized not to limit us. I host, produce, do theatre, film and TV and that has been the key. I'm also on another sitcom called *Mr. Box Office*. You have to control your career and the product for your audience. I find it to be so fulfilling and I'm proud of my hands-on part in it. Oh! Plus I have my own hair line for busy sexy women



Vivica A. Fox. GETTY IMAGE

(vivicafoxhair.com). Yes I am busy.

How do you relax? Or do you?

Oh no, honey. Are you kidding me? I love working and I love what I do and I'm happy and blessed but I do know how to relax. I go to the spa and take my godson Christian to the mall and play with him. And, I spend a lot of time with my family. I've learned to take the time to smell the roses, to go play. I had to learn that after I built two homes and sold them! **PRANK MY MOM AIRS WEDNESDAYS ON LIFETIME CANADA.**



Britney Spears. ALL PHOTOS GETTY IMAGES

Lawsuit against Spears' family thrown out of court

Britney Spears has one less headache to worry about, as a judge has dismissed former manager Sam Lufti's case against the singer and her family, according to Hollyscoop.

Lufti's suit had claimed that Spears' mom defamed

him in her book and her dad assaulted him and that Spears herself owed him nearly \$1 million in unpaid wages because of a verbal agreement that he would manage her for a four-year period. Lufti is reportedly planning to appeal.



Lady Gaga.

Lady Gaga dismisses critics of her weight

While Lady Gaga has successfully shed the pounds she'd put on recently, she still thinks the attention the weight gain garnered was out of proportion.

"I thought, well I don't

really care if they think I'm fat because, quite honestly, I did gain about 30 pounds," Gaga said.

"Adele is bigger than me. How come nobody says anything about it?"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



DiCaprio casts off another model girlfriend

Leonardo DiCaprio has called it quits with yet another fashion model girlfriend, reportedly breaking up with Erin Heatherton after about 10 months of

dating, according to Us Weekly.

"They split a few weeks ago. There's no bad blood, they still care about each other a lot," a source says.

"They're both just really busy. They had crazy schedules."

DiCaprio previously had long-term relationships with models Gisele Bündchen from 2001 to 2005 and Bar Refaeli from 2006 to 2011.



Amanda Bynes

Amanda Bynes threatens to sue over latest allegations

Amanda Bynes has been accused of engaging in a lot of unstable and unlawful behaviour this year. But apparently she draws the line at an In Touch magazine report that she paraded around a New York tanning salon completely naked, telling Celebuzz in a text message it wasn't true.

"That's not true, I'll sue."

The story claimed that Bynes emerged from a private tanning room completely naked and looking for a pair of goggles.

She "didn't seem to care that everyone saw her naked," a source says, adding that Bynes looked "painfully thin."

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3
LIFE

Healing owies

Magic bandage remover

It's funny, isn't it, the crying and anxiety that comes with the simple task of removing a tiny bandage from a child? I have found a solution, though, that might save your sanity — and your child's. Simply dip your finger in baby oil



and rub it on top of the bandage. In just seconds, the oil will seep into the bandage and viola: No more stickiness! The bandage just slides off and the skin is left soothed by the oil. **CHARITY GASPER, YUMMYMUMMYCLUB.CA**

Remembrance Day

Troop appreciation activities

1. Write to the troops: Any Canadian Forces Member Op Attention Kabul PO Box 5140 Stn Forces Belleville ON K8N 5W6
2. Print out free Remembrance Day colouring pages.

3. Wear a poppy to school.
4. Read the poem In Flanders Field together.
5. Read Winnie-the-Pooh and talk about Winnie's history. (True story: Winnie-the-Pooh was inspired by Winnipeg the Bear — a Canadian born bear adopted by a Canadian soldier who became his regiment's mascot.)

CAROLINE FERNANDEZ, YUMMYMUMMYCLUB.CA

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Five life lessons I have learned from my toddler

Wee ones. Two-year-olds actually have a lot of wisdom to impart

HAILEY EISEN

yummymummyclub.ca

Toddlers are incredible because, for the most part, they exist in a pure and natural state — untainted by society's expectations, standards and rules. They do what they want, when they want, until someone forces them to stop.

They speak their minds and act without inhibition. Adults can learn a lot from them! Here's what mine has taught me.

Be persistent

If you want something badly enough, it's worth going after. Whether this means cajoling, bargaining, pleading or even stomping your feet.

Even if someone is standing in the way of making your dream/goal/desire a reality, a healthy dose of conviction is sometimes all you need to break down that barrier. There's no talking my daughter out of something once she's made up her mind.

Be in the moment

If there's anyone who can teach us about mindfulness, it's a toddler. It's amazing to watch a kid play. It's as if nothing around them matters.

They aren't worrying about how the week's weather forecast will interfere with their play dates or what to wear to the family dinner party. Kids live in the moment. They don't waste any time worrying about things in the future that they have no control over anyway.

Let your emotions flow

Have you ever watched a two-year-old process emotions? Mine can go from laughing hysterically, to crying, to sulking, to laughing in a matter of minutes. She expresses her emotions as she feels them, so she's never at risk of keeping them pent up. She doesn't know about holding a grudge and the longest she can stay angry with someone is five minutes.

Forget what others think

Do you ever wonder how you'd live your life if no one was watching? That's how my child lives every day. It may sound cliché, but it's totally liberating.

I'm taking cues from her



There is a lot adults can learn from toddlers. ISTOCK

and quieting that inner voice that says, "What if they don't like me? What if they think I look fat?" As my daughter practices her plié sauté on a busy sidewalk wearing a tutu and a mismatched hat with chocolate smeared on her cheek, I have to ask myself: who cares? And the answer I'm going for is: not me!

Love yourself

My daughter is happiest when positioned in front of the full-length mirror in our front foyer. She'll sing, dance, and have full conversations with herself. She's so happy with her own reflection that she never looks upon herself with criticism. This is what we all felt about ourselves when we were kids,

before we started listening to the criticism of others. When was the last time you looked yourself in the mirror and felt nothing but love? When was the last time you celebrated your accomplishments? Take a lesson from this kid!

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Noticing some mo bros and sistas?



GILBERT
NDIKUBWAYEZU
life@metronews.ca

In the next few weeks, you may see many men developing their whiskers in an exceptional way.

It's Movember — a combination of moustache and November — a time when men grow a moustache during the whole month of November.

By doing so, you participate in an awareness campaign against males' most pressing health issues, notably prostate cancer.

The worldwide campaign culminates in a multitude of fund-raising parties, with proceedings going to programmes dedicated to fighting against prostate cancer

and males' mental health.

Participation in Movember requires a guy to register for the campaign, with a completely shaved face starting on November 1.

The ultimate objective is to instill, throughout the month, discussions in all walks of life about the often ignored issues facing males' health.

Since its inception in 2004, Movember activities have spread around the world. Canada joined the movement in 2007 and this year such activities will be held in 21 countries.

In 2011, as many as 854,000 Canadians participated, raising \$125.7 million for the Movember Foundation.

Mo Sistas

So it's Movember, the month to grow moustaches and fight prostate cancer. And you are a female. Doesn't really concern you, does it?

Well, yes actually. There are ways women can also play a role, and a vital one at that, during the Movember campaign.

"Just because you can't grow a moustache doesn't mean you can't have a life-saving conversation, create awareness and contribute to a great cause," said Angela McNally of Toronto, who has been a Mo Sista since 2010 and currently sits on its Toronto committee. "Standing behind this



cause shows you are passionate to see a change in men's Health."

Mo Sistas play a crucial role during the campaign by acting as team captains, recruiting others to join, sparking conversations, lending support to Mo Bros who grow moustaches and raising general awareness for the importance of men's health, said Pete Mbombaci, director for Movember Canada.

There were more than 16,000 registered Mo Sistas last year. They have formed regional committees in Toronto, Calgary and Montreal.

GILBERT NDIKUBWAYEZU/FOR METRO

Movember expands scope to include mental health issues

In the spirit of continuing to address crucial issues that affect men's health, Movember has expanded its scope of campaign to include males' mental health.

Mental health problems affect 3.4 million Canadian males each year, said Pete Mbombaci, national director of Movember Canada, as he explained the reasons why the movement decided this year to include mental health in its campaign activities. In other words, one-in-five Canadian men is affected by mental health issues. This trend raises the rate of suicide among men. Despite the lower cases of depression reported, it has emerged that four out five suicides among young Canadian people are committed by men. These alarming numbers are what prompted the Movember foundation to include mental health in its awareness campaign this year, Mbombaci said.

"This is an important step in the evolution of Movember as we're able to continue to address critical men's health issues," he said, adding that the goal is to get people to have discussions about it to reduce stigma and discrimination associated with it.

Movember intends to partner with other existing organizations in the



Movember campaign funds will also help raise awareness of men's mental health issues. ISTOCK IMAGES

mental health field to form an industry think tank that will possibly convene in January to address key areas where funding is needed. Once decided, mental health organizations across Canada will be able to apply for funding for projects in the given priority areas, Pete added.

At the Canadian Mental Health Association (CMHA), they've welcomed this Movember initiative, in as far as it will help men take recognition of mental health's severity.

"Many men don't believe they are susceptible to depression for ex-

ample," said Peter Coleridge, national CEO of CMHA. He said that, just like prostate cancer, men's mental health issues are not spoken about among people, yet this is "the second largest threat to men's health after accidents."

"We encourage all Canadians to maintain and improve their mental health, and seek support and help when needed," he said.

Peter said the Movember campaign will help direct males to resources available to them at CMHA and other health organizations across the country. GILBERT NDIKUBWAYEZU/FOR METRO



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French Toast gets a healthy facelift from multi-grain bread



This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)



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Pancake houses serve delicious French toast, cooked in loads of oil and smothered with butter and maple syrup. Delicious, but it's not healthy or low in fat. My version is delicious and healthy. Using the egg substitute lowers fat, calories and cholesterol.

1. Whisk the eggs, milk, cinnamon and vanilla together in a shallow bowl until well

Ingredients

- 1/2 cup egg substitute or 2 large eggs
- 3 egg whites
- 1/3 cup low-fat milk
- 1 tsp ground cinnamon
- 1 tsp pure vanilla extract
- 4 slices multi-grain bread
- 3 tbsp pure maple syrup
- 1 tbsp sifted icing sugar
- 1/2 cup sliced strawberries

Nutritional analysis

Per one slice

- 107 calories; 6.3 g protein; 1.3 g fat; 0.4 g saturated fat; 16 g carbohydrates; 3.8 mg cholesterol; 160 mg sodium; 2.4 g fibre

blended. Dip a piece of bread into the mixture, making sure both sides are moistened. Do not leave the bread in the mixture for too long or the bread will fall apart. Repeat with another slice of bread.

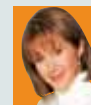
2. Spray a large non-stick skillet with vegetable oil and place over medium heat. Cook 2 pieces at a time, browning each side, a total of about 5 minutes.

3. Garnish with a sprinkling of icing sugar, a drizzle of maple syrup and sliced strawberries.

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Sometimes getting a fresh breakfast on the table without being late for work or school isn't possible. But be careful with the alternatives.

Aunt Jemima Croissant Egg Sandwich

350 calories/ 23 g fat

Egg and cheese are the only safe items in this frozen breakfast. The croissant and sausage contain the majority of calories and fat.



Equivalent

One Aunt Jemima Croissant Egg Sandwich is equal in fat to almost six marshmallow dream bars from Starbucks.



Smart One's English Muffin with Egg, Cheese and Bacon

210 calories/ 6 g fat

Egg whites are used, reducing calories and fat.



Breakfast faves meet in Skillet Blueberry Muffin Pancakes

What do you do when you are hankering for blueberry muffins, but don't have a muffin

pan handy? Cook them in a skillet, using the muffin batter the same as you would pancake

Ingredients

For the muffins

- 2 cups all-purpose flour
- 1/2 cup sugar
- 1 tsp baking powder
- 1 tsp cinnamon
- 1/2 tsp salt
- Zest of 1 lemon
- 1 cup milk

- 1 egg
- 2 tbsp canola or vegetable oil
- 1 tsp vanilla extract
- 1 cup fresh blueberries

For the topping

- 2 tbsp brown sugar
- 2 tbsp cinnamon

batter. And the results are outstanding.

1. In bowl, stir flour, sugar, baking powder, cinnamon, salt and lemon zest. In separate bowl, whisk together the milk, egg, oil and vanilla.

2. Add liquid ingredients to the dry, then stir just until a batter forms. Gently stir in the blueberries. Set aside.

3. In small bowl, mix brown sugar and cinnamon.

4. Heat skillet over medium. Coat with cooking spray, reduce heat to low, then ladle batter into the skillet, using about 1/3 cup per muffin. Do not crowd the pan, as muffins will spread. Sprinkle the top of each muffin with a bit of the topping. Cover and cook for 6 to 8 minutes, or until risen and browned on the bottom. Use a spatula to flip and cook for another 2 to 4 minutes. Repeat with remaining batter.

THE ASSOCIATED PRESS



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

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There's magic in your mistakes



Wilson is chairman of both Canoe Financial and his Prairie Merchant Corporation and is a member of the Order of Canada. HEATHER FRITZ

Telling it like it is.
W. Brett Wilson tackles the tough side of getting to the top

ELIZABETH
BEDDALL
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Dragons' Den co-star and Risky Business host W. Brett Wilson became one of Canada's top investment bankers, but learned the hard way that financial success and the respect of business peers can come at the price of losing health, family and friends.

In his new book *Redefining Success*, which is in stores tomorrow, Wilson tells the story of hitting the big-time financially while hitting rock-bottom personally, and what led him to redefine his life.

Metro caught up with Wilson to chat about success, business savvy and what it truly means to be satisfied.

If we're being completely honest, does one's personal life have to suffer at least marginally in order to climb the professional ladder?

Yes, there are sacrifices for sure because we can only do one thing at time and we



have competing demands on our time. That simply drives home the relevance of setting priorities to steward ones time with.

What are three key warning signs that you are not balancing work and life properly?

There are many warning signs, but at the personal level when you aren't allocating time to your health, your family and your friends ... quite simply you are not balancing life and work very well.

If I were hoping to get you to invest in my small business idea, what could I tell you that would make you back out immediately?

If you told me the idea was new and you thought it was worth a "flyer" I would question for passion, for the concept and ability and interest in following through — meaning I am gonzo!

What has been the biggest risk you've ever taken in your professional life and did it yield positive or negative results?

The biggest risk I ever took, in the eyes of my family and friends and peers, was starting FirstEnergy — the energy-focused brokerage firm — as the entrepreneur. I was comfortable with the risk (it was my life's focus after all), but there were many doubters. Did it work out? Financially it was a success. Personally, it absorbed every waking hour, to the detriment of key relationships in my life.

Can you recall a moment in your life where you felt like you achieved success wholly and completely?

Success is hard to measure, therefore it's hard to respond to the question.

Have I achieved success? The last line in my book offers: "A successful man is one who has earned the respect and admiration of others." I would add, "especially that of his children." On that basis — I hope I have achieved success. I know my life's work is far from done.

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AUS football

Huskies roll into trophy game

The Saint Mary's Huskies offence is firing on all cylinders as they head to the Atlantic University Sport football final for a seventh straight year.

Saint Mary's dominated the Mount Allison Mounties in the AUS semifinal on Saturday at Huskies Stadium, leading virtually from start to finish in a 49-11 romp before a crowd of 1,913.

The Huskies, who have put 98 points on the board in two weeks since Jean Legault reclaimed the reins as starting quarterback, head to Wolfville on Saturday to take on the defending champion Acadia Axemen at 1 p.m.

"From the beginning we wanted to set an offensive identity, whether it was on the ground or through the air," said Huskies receiver Kevin Wuthrich. "Fortunately, it was both."

Although the Huskies only completed nine passes for 93 yards, they scored three times through the air. Wuthrich caught a pair of touchdowns from Legault, while Carl Fitzgerald grabbed the other.

The Huskies, who rushed for 370 yards and two touchdowns, led by as much as 42-0 before pulling their starters in the fourth quarter.

Running back Melvin Abankwah piled up 162 yards on 22 carries, including a 60-yard touchdown dash in the third quarter. Michael Dawes, with 119 yards, and Dave Sabourin, with 66 yards and another major, also highlighted the backfield effort.

Dawes said the Huskies offence is finding its rhythm at the right time.

"We finally decided to flow into the system — we're finally getting our vibe together," Dawes said. "It's working because we believe in it."

MATTHEW WUEST/METRO



Huskies running back Melvin Abankwah METRO FILE



Mooseheads forward Martin Frk took a roughing penalty on Sunday that didn't impress his head coach. JEFF HARPER/METRO

Moose crumble in 3rd period to dash streak

QMJHL. Oceanic come back from 5-1 deficit to win in shootout



MATTHEW WUEST

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The Halifax Mooseheads came within a period of matching the best winning streak in franchise history but couldn't finish the job.

The streak came to a halt at 14 games on Sunday in Rimouski, Que., as the Mooseheads let a 5-1 third-period stranglehold evaporate en route to a 6-5 shootout loss to the host Oceanic.

The franchise record of 15 straight wins, set in 1998, remains intact.

"We had one period to play and we didn't play," Mooseheads head coach Dominique Ducharme said.

Matthew Boudreau, Martin Frk, Luca Ciampini, Darcy Ashley and Brent Andrews scored to give the Moose-

heads a 5-1 lead heading into the final frame.

But the Oceanic scored three straight power-play goals and tied it up on Ryan MacKinnon's even-strength marker with 2:30 remaining.

Just two shooters found the net for each side through 10 shootout rounds before forward Simon Fortier finally scored the winner in the 11th.

Ducharme said the Mooseheads kept their composure

initially after the Oceanic cut the lead to 5-3, but he pointed to a Frk roughing penalty with 5:48 to go as a game-changing moment. Just 15 seconds into that power play, Scott Oke drew the Oceanic to within one.

"It was stupid, it was after the whistle and not even part of the play," Ducharme said. "It was a bad two, a face-wash."

Not that the Mooseheads'

play in the third period helped matters.

"It's not the kind of period we want to be playing with the lead," Ducharme said. "We've been doing much better than this. It was not a good effort on our part in the third."

The Mooseheads out-shot the Oceanic 38-27 and received 22 saves from goaltender Zach Fucale.

Halifax, first in the QMJHL with a 16-1-0-1 record, is halfway through a four-game, 10-day road trip and returns to action on Friday against the Gatineau Olympiques.

Fucale, Andrews and Nathan MacKinnon of the Mooseheads will represent the QMJHL in the Subway Super Series against Russia on Monday in Blainville-Boisbriand, Que.

Jonathan Drouin won't be able to play because of a foot injury he suffered on Saturday blocking a shot, but he could join his three teammates on Wednesday for the second Super Series game in Val-d'Or, Que.

Junior hockey

Players' union plans hit hurdles in Nova Scotia

An attempt to unionize junior hockey players suffered two setbacks Friday in Nova Scotia when a would-be union withdrew its certification application with the provincial government.

The fledgling Canadian Hockey League Players As-

sociation had been trying to unionize the QMJHL's Cape Breton Screaming Eagles. But a certification vote planned for Friday was called off when the application was withdrawn.

Also Friday, Josh Desmond, a former member of the Halifax Mooseheads, announced he was dropping a complaint over money with the Nova Scotia Labour Standards Division because publicity he's had has been distressing to him and his family. **THE CANADIAN PRESS**

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Adrian Moss, left, of the London Lightning rounds a corner as Tyler Richards of the Halifax Rainmen puts on the pressure, Saturday, in London, Ont. JOHN MATISZ/METRO IN LONDON

Rainmen's woes continue in Ontario

The Halifax Rainmen's season is off to a rough start.

The Rainmen dropped a pair of games in Ontario on the weekend as the National Basketball League of Canada season got underway, losing their opener to the Windsor Express 111-105 on Friday and following that up with a 107-89 setback to the London Lightning on Saturday.

"It was two games we definitely could have won," said Rainmen owner Andre Lev-

Upcoming games

The Rainmen visit the Moncton Miracles on Thursday before opening at home on the weekend. They host the Saint John Mill Rats on Saturday at 7 p.m. and the Miracles on Sunday at 2 p.m.

When you're young, you have those growing pains."

Newcomers led the way on Friday, with Eddie Smith knocking down 27, Brandon Robinson 22 and Darren Duncan 17. Duncan, a point guard who played with the Saint John Mill Rats last season, had a team-high 18 points in Saturday's loss.

"We've got 10 new guys — we've got to put it all together, but we'll be OK," Levings-ton said. MATTHEW WUEST/METRO

ington. "But the guys have to learn to win down the stretch.

AUS basketball

Huskie hoopsters open strong

The Saint Mary's Huskies men's and women's teams opened the Atlantic University Sport basketball season with weekend sweeps of the Memorial Sea-Hawks at Homburg Centre. The women's Huskies beat the Sea-Hawks 62-37 on Saturday and 58-49 on Sunday, while the men's Huskies won 96-51 and 80-62.

METRO

AUS hockey

Saint Mary's makes statement with big victories

The Saint Mary's Huskies have moved into a tie for third in Atlantic University Sport men's hockey after a pair of weekend road wins. The Huskies (5-3) outgunned the UPEI Panthers 7-5 on Friday and upset the nationally-top-ranked UNB Varsity Reds 4-3 on Saturday.

METRO

Tigers push past Capers for AUS title

Soccer. Dalhousie finishes off rival Cape Breton to punch ticket to national championship this weekend in Victoria



MATTHEW WUEST
matthew.wuest@metronews.ca

The third time was the charm for the Dalhousie Tigers against the Cape Breton Capers.

The Tigers, whose only losses this season came in two meetings with Cape Breton, finally triumphed on Sunday, defeating the Capers 3-1 in the Atlantic University Sport women's soccer final in Sydney to win their second straight championship.

Third-year midfielder



Lauren Landry of the Dalhousie Tigers, right, looks to steal the ball from Danielle MacDonald of the Cape Breton Capers in the AUS women's soccer final on Sunday in Sydney. ERIN POTTIE/CAPE BRETON POST

Daphne Wallace scored twice for the Tigers and was named most valuable player while

Beth O'Rielly had the other goal.

"Everyone came in and worked so hard together," Wallace said. "All that hard work paid off and it's the best feeling knowing we're going to nationals as an AUS champ for the second year in a row. Everybody on the team is so excited."

Men's action

Saint Mary's and Dalhousie both lost in Saturday's men's semifinals, with the Huskies falling 1-0 to Cape Breton in double overtime and the Tigers losing 4-3 to the UNB Varsity Reds. Cape Breton beat UNB 2-0 in the final.

The Tigers battled injuries this season but reeled off eight straight wins at the end of the regular season to head into the playoffs as the second seed with a 10-2-1 record.

Tigers head coach Jack Hutchison said the win proves the Tigers weren't a fluke last year.

"When you come back and do it again, it kind of says, you really were for real, it wasn't a one-off thing," Hutchison said. "For everybody, it's really gratifying to know they put that work in and reaped the benefits of that."

The Tigers head to the Canadian Interuniversity Sport championship starting Friday in Victoria.

NBA. Raptors rack up win No. 1 vs. Timberwolves

Kyle Lowry and DeMar DeRozan each scored 22 points, Alan Anderson had 18 and the Toronto Raptors earned their first victory of the season Sunday night, beating the Minnesota Timberwolves 105-86.

Andrea Bargnani scored 10 points as the Raptors extended Minnesota's miserable record against Toronto. The Raptors have won 15 of the past 16 meetings, including nine straight at home. Minnesota has not won in Toronto since Jan. 21, 2004.

Andrei Kirilenko scored 17 points and Nikola Pekovic had 15 for the Timberwolves, who were outscored 26-13 in the fourth quarter, making just four of 16 field-goal attempts.

Derrick Williams had nine points and eight rebounds for Minnesota, which is without injured forward Kevin Love (broken hand) and guard Ricky Rubio (left knee).

Winless in two games coming in, Toronto was playing for the second straight night. The Raptors lost 107-100 at Brooklyn on Saturday night, the Nets' first game in their new home.

The Raptors scored 27 points off of 16 Minnesota turnovers in the first half, and got seven points from Lowry in a 12-4 run over the final 3:10 of the second quarter to open a 56-47 lead at the intermission.



Raptors forward Amir Johnson rattles home a dunk on Sunday in Toronto. TORSTAR NEWS SERVICE

The Timberwolves took better care of the ball in the third quarter, committing just three turnovers and cutting the deficit to 79-73 heading into the fourth. Kirilenko scored seven points in the third and Pekovic had six.

Landry Fields opened the fourth with a dunk and Toronto scored nine of the first 12 points of the quarter, opening an 88-76 lead on Anderson's three-pointer with 8:47 left.

THE ASSOCIATED PRESS

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Marathon meeting offers some hope in lockout negotiations

NHL. No. 2 men from league and players' union have 'frank discussion,' pave way for bargaining sessions to resume

The conversation is flowing again between the NHL and NHL Players' Association.

A marathon meeting be-

tween deputy commissioner Bill Daly and NHLPA special counsel Steve Fehr stretched from Saturday afternoon into the early hours of Sunday morning, and was followed by some encouraging news: The sides expect to return to the bargaining table again soon.

"We met on and off for most of the day and covered a lot of ground," Daly told The Canadian Press via e-mail. "We plan to meet again early in the week."

Daly and Fehr got together at an undisclosed location in an effort to shield themselves from the media spotlight and start finding a way forward in negotiations. The session included "good, frank discussion on the most important issues separating us," according to Daly.

It represented a significant departure in protocol from the last few months, when the parties rarely sat down together for more than an

Quiet arenas

The 50-day lockout has already seen 326 regular-season games cancelled, pushing the total number lost by the NHL to work stoppages over the last two decades over 2,000.

hour or two at a time. The meeting was also unique because it included just the No.

2 men from the league and union, perhaps offering a harbinger of better times ahead (Daly and former NHLPA deputy Ted Saskin laid the groundwork for the deal that ended the 2004-05 lockout).

There was certainly a positive feeling in the air afterwards, with Fehr saying in a statement that he agreed with how Daly summed up the session.

"Hopefully we can continue the dialogue, expand

the group, and make steady progress," added Fehr.

There had been no signs of progress since the sides last met in mid-October. In fact, the news had all been negative, with a deadline to salvage an 82-game season passing, the NHL calling off all games through Nov. 30 and an announcement Friday that the Jan. 1 Winter Classic at Michigan Stadium was being postponed, likely until next season. **THE CANADIAN PRESS**

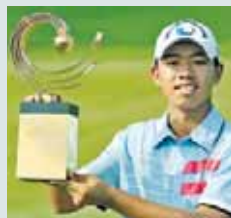
Golf

Teen Tianlang going to Masters

Guan Tianlang of China has won the Asia-Pacific Championship, making the 14-year-old the youngest player to qualify for the Masters.

The previous record was Matteo Manassero of Italy, who was about to turn 17 when he played in 2010.

THE ASSOCIATED PRESS



Guan Tianlang of China

HANDOUT/THE ASSOCIATED PRESS

Formula 1

Title race open after Raikkonen wins in Abu Dhabi

Kimi Raikkonen won a crash-filled Abu Dhabi Grand Prix on Sunday for his first victory since returning to Formula One this year, a result which throws open the drivers' championship with two races remaining.

Raikkonen took the lead on the 20th lap when McLaren's Lewis Hamilton retired because of an electrical problem.

Raikkonen held off Ferrari's Fernando Alonso, who finished second. Two-time defending champion Sebastian Vettel clawed back from last to finish third, his lead over Alonso cut to 10 points.

THE ASSOCIATED PRESS



Luck's record-setting day leads Colts past Dolphins

Indianapolis Colts quarterback Andrew Luck pitches the ball to Dwayne Allen while under pressure against the Miami Dolphins on Sunday in Indianapolis. Luck threw for 433 yards and two TD passes, breaking Cam Newton's single-game passing record (422 yards) for a rookie as he led the Colts to a 23-20 victory over Miami. **JOE ROBBINS/GETTY IMAGES**

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Personals

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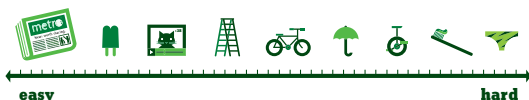
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ANNOUNCEMENTS



Community Events

Community Events

The Wonder of Jesus

 The Dartmouth United
Pentecostal Church
Invites You To Join Us For
A Weekend of Miracles
with Rev Rick Stoops

 Four Miracle Services:
 Friday, November 9th at 7pm
 Saturday, November 10th at 6pm
 Sunday, November 11th
 at 10:30 am and 6:30 pm

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MISCELLANEOUS



Miscellaneous

Miscellaneous

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Horoscopes

Aries

March 21 - April 20

Someone will introduce you to a new idea today and while it may be a bit uncomfortable you will benefit intellectually. But don't get too radical in your thinking: the answers you seek are mainly in the middle ground.

Taurus

April 21 - May 21

Unexpected developments will throw up new challenges and opportunities over the next few days. Are you ready for them? Are you willing to adapt? Only those who know how to think and act fast will gain in the long-term.

Gemini

May 22 - June 21

Your ability to visualize what it is you want to accomplish will make things easy for you this coming week. Others may say you are chasing rainbows, and maybe you are, but at least you have a dream of some sort.

Cancer

June 22 - July 23

Although you may want to comfort someone who has a whole load of personal problems don't make it look as if you condone their negative behavior. Overall, they have only themselves to blame. Sad but true.

Leo

July 24 - Aug. 23

If you don't ask you won't get, so speak up and let others know what it is you want from them. Their response may not be entirely positive but it won't be entirely negative either. You'll get something at least.

Virgo

Aug. 24 - Sept. 23

The planets warn there is still a lot of work to be done to get from where you are now to where you most want to be. The good news is you have a clearly defined goal and can start working towards it.

Libra

Sept. 24 - Oct. 23

You won't be short of ideas and you won't be short of opinions. The one thing you may be short of is the ability to see that not everyone thinks the same way as you. What happened to your Libra sense of balance?

Scorpio

Oct. 24 - Nov. 22

Try not to lapse into negative patterns of behavior, especially where money matters are concerned. If you think you are going to lose out in some way your thoughts will create circumstances that are likely to make it happen.

Sagittarius

Nov. 23 - Dec. 21

Some people seem to think that your main task in life is to look after them. It's about time you let them know it isn't true. Cut off assistance today and let them fend for themselves. In the long-term it will do them good.

Capricorn

Dec. 22 - Jan. 20

Differences of opinion on the work front need to be resolved this week. Colleagues and employers are ready to talk business but are reluctant to make the first move. Fortunately you're much braver than they are.

Aquarius

Jan. 21 - Feb. 19

If you can get away at short notice this is a good time to travel, but if you are stuck in one place there are other ways you can make life interesting. Use your imagination. What you think today you'll be doing tomorrow.

Pisces

Feb. 20 - March 20

You seem to believe that someone is plotting against you. Common sense should tell you there is nothing to fear **SALLY BROMPTON**

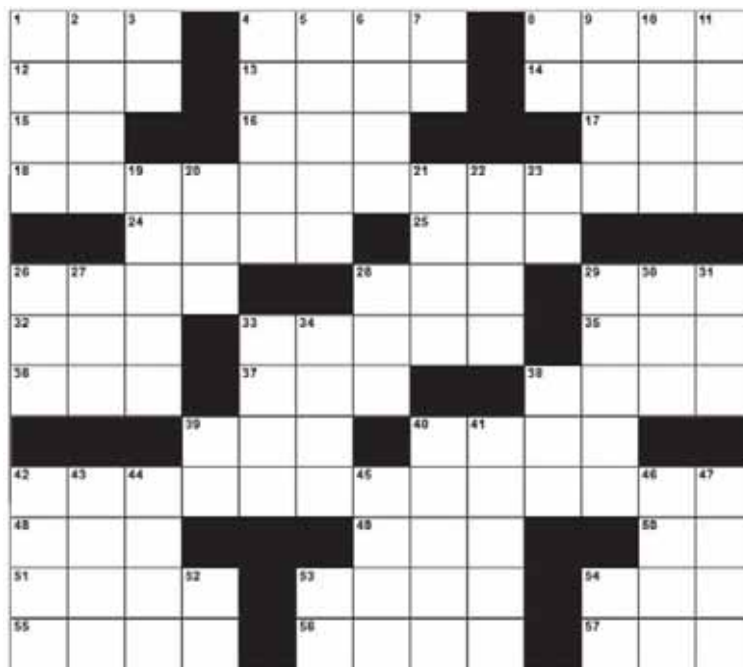
Canadian Crossword

Across

- Football official
- Dick and Jane's dog
- Leave out
- Appendage
- Docile
- Arson
- Circle ratio
- Actress Gardner
- Negative vote
- Flighty fellows
- Enemies
- Chat room access provider
- Construction area
- Many thousand (abbr.)
- Form of address
- High card
- Hillock
- Afternoon social
- Actor James Van - Beek
- Three, in Rome
- Quiet!
- Possess
- College official
- Insatiable Sesame Street character (2 words)
- Decide on
- Picnic pest
- Egyptian Sun God
- Den
- Fragrance
- Brand name for pens
- As well as
- Extremely
- Haw

Down

- Knocks sharply
- Actor McCormack
- Radio dial
- Avow
- Re-tars the road
- Actor Epps of House, M.D.
- Deum
- "East - Eden"

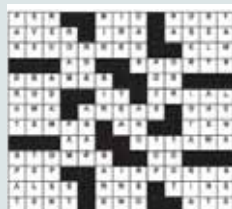


- Skirt length
- Neighbour of Iraq
- Golf gadgets
- Comes up next
- Digit
- Remove water
- Dinner accompaniment
- Actor Pacino
- Dismal
- Keeps drinks cold
- Me, to Miss Piggy

- Dangerous feat
- Plural ending
- Cheer
- New Zealand fruit
- Star Trek: Deep Space —
- This Hour — 22 Minutes
- Give the go-ahead
- Blood giver
- Access
- Type of pop
- October birthstone

- Elevator maker
- Erected
- Great lake bordering Lake Ontario
- The Amazing —
- Former co-host of The View (init.)
- Ottawa valley (abbr.)
- Old time "Road to..." actor (init.)

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

4	6	5	8	7	2	3	1	9
2	3	1	6	9	4	8	7	5
8	9	7	5	1	3	2	4	6
6	7	9	1	3	5	4	2	8
5	1	4	2	8	6	7	9	3
3	2	8	9	4	7	6	5	1
1	8	2	4	6	9	5	3	7
7	5	6	3	2	1	9	8	4
9	4	3	7	5	8	1	6	2

2		4		7		5		6
			4			3	8	1
				9	6			5
7			3		8			9
1				5	2			
8	6	3			4			
4		5		9		1		2

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Tuesday

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